

KIND WORDS FOR RYAN VAN MATRE

“Early in my career I neglected to take of the little things as far as preventive maintenance and post-game recovery. It wasn’t until I learned that it is more about what you do before AND after the game is when the light came on! The adjustments, active stretching and joint mobilization that Ryan Van Matre provided for me during my pivotal years were a huge part of my game time success. I fully believe in his methods not because of hearsay, because I experienced and thrived with his one-stop-shop recovery methods. I am Robert Mathis and I fully endorse this message!” RM QbH8er98

— Robert Mathis, Super Bowl champion, 5 X Pro Bowl,
1st team All-Pro, AFC Defensive Player of the year (2013),
NFL Sacks Leader (2013)

“Ryan, you are truly a blessing. You make Sundays EASY for me.”

— TY Hilton, 4 X Pro Bowl,
NFL Receiving Yards Leader (2016)

“Playing in the NFL for 16 years and watching how some of the greatest athletes in the world move effortlessly across the field is a gift!! RV’s skill and competence added an extra year on to my career. He understood the mileage I had on my body, so he suggested limiting my reps for practice. I took more mental reps

and did prehab exercises to keep me sharp, both mentally and physically!! It took his knowledge and expertise to understand that I didn't need as much as the younger players. I am forever grateful and in debt to him!! RESPECT!!

— Mike Adams, 2 X Pro Bowl

"I have had the unique opportunity to work with Ryan over the past 15 years with the Indianapolis Colts. His expertise and approach to dealing with clients and players is individualized and specific to the demands of their activity. He is humble and looks forward to collaboration with all medical disciplines to ensure the highest level of care for his clients. He is a valuable asset to our medical team."

— Erin Barill, Director of Rehabilitation, Indianapolis Colts

"Ryan is one of the best I've seen. He's got skills."

— Fred Funk, 8 X PGA Tour winner,
9 X PGA Champions Tour winner

"I was looking for a little more than chiropractor and massage therapy alone. Ryan introduced me to ART. His knowledge, expertise, and skill helped me feel better and execute at a higher level. The extra mobility that I got when getting off the table was very significant. My only wish is that I would have started with him earlier in my career. If you want to execute at a high level you have to take care of your body and Ryan definitely helped with that!"

— Adam Vinatieri, 4 X Super Bowl champion, 3 X Pro Bowl,
3 X 1st team All-Pro, NFL 2000s All-Decade Team, NFL 100
Anniversary All-Time Team, Holder of 5 NFL records

"Consistent ART treatment has enabled me to sustain high performance levels even since I've retired – Dr. Ryan has treated

me with ART and it has given me the ability to train through injury and feel good throughout the day.”

— Bubba Ventrone, Super Bowl Champion,
Special Teams Coordinator, Indianapolis Colts

“Ryan Van Matre is the most gifted physio I’ve ever been treated by. His knowledge base, practical application of functional movement testing and his very gifted hands are unparalleled! Best chiropractor in the business!”

— Chris Huffins, 1996 & 2000 US Olympian and
bronze medalist, 23 yr NCAA D1 track and field coach

“Dr Van Matre is committed to being the best he can be. He knows exactly how to blend his knowledge of anatomy, biomechanics, and the latest manual therapy techniques to create the best treatment protocols for his patients.”

— Saul Luna, ATC, M.Ed. Texas A&M, 2010, 2011,
2013, 2014 Track and Field National Champions

“Knowing Dr. Ryan as I refer to him, is and was a blessing to the student athletes and myself at Purdue University. He has what I call GIFTED HANDS, when he lay his hands on you, you get better you are healed (that is a gift). His bedside manners are second to none he makes you feel comfortable and very at ease. He treated me and kept me upright when I had a very serious condition and did not know. I probably would have had more issues if he was not working with and on me on a regular basis. His hands are GIFTED, if one ever has the opportunity to work with such a GIFTED talented Practitioner, I recommend they do it without reservation. You will be ever grateful you did.”

— Lonnie Greene, Head Track and XC Coach,
University of Kentucky

ALSO BY
RYAN VAN MATRE

CHIROPRACTIC CONFIDENTIAL

BOOK 1: NOTHING BUT POTENTIAL

BOOK 2: THE FRAMING

**REHABILITATION OF THE SPINE, A PATIENT
CENTERED APPROACH, 3RD ED. CONTRIBUTOR**

FUNCTIONAL TRAINING HANDBOOK, CONTRIBUTOR

RYAN VAN MATRE

BOOK 3 : COMPETENCY, APPLIED

CHIROPRACTIC CONFIDENTIAL

**Practice Success
Without
Practice Management**

ALBERT AND RUSSELL

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“No one can build you the bridge on which you,
and only you, must cross the river of life.”

— Fredrick Nietzsche

CONTENTS

(BOOK 1: NOTHING BUT POTENTIAL)

Chapter 1

Do you want to “feel good” or do you want the truth?

Chapter 2

To aim you must visualize

Chapter 3

Permission, courage, and antifragility

Chapter 4

How does the market view me?

Chapter 5

The future of Chiropractic—bright, if we look in the right direction

Chapter 6

Did I make a mistake with my career choice?

Chapter 7

Direction matters

Chapter 8

Leaders of the “cool kids”

Chapter 9

Every technique can’t be “the best”

Chapter 10

The truth about the “S” word

Chapter 11

More than meets the eye

Chapter 12

A 6-12% utilization rate

Chapter 13

A reasonable level of uncertainty

Chapter 14

The Dunning-Kruger Effect

Chapter 15

Why are you still needing guidance?

Chapter 16

Making mistakes in a safe place

Chapter 17

Chasing Gremlins: the creepiness of wellness care

Chapter 18

We see what we value

Chapter 19

Ignoring advice

Chapter 20

Ending the associateship

Chapter 21

A profession of “participation trophy” winners

Chapter 22

Ignore those who pay no price if they are wrong

Chapter 23

What is the one thing that could best help my clinical skills?

Chapter 24

Learning ART on a shoestring budget

Chapter 25

Outside looking in

Chapter 26

Practice management groups, fitness magazines and bunnies in hats

Chapter 27

“Tiger Woods has a coach”

Chapter 28

Cooking scrambled eggs

Chapter 29

What's in a name?

Chapter 30

Easy to reach

Chapter 31

Keep perspective of the goal

Chapter 32

The most important patient... that never was

Chapter 33

What is price?

Chapter 34

Honesty with my ignorance

Chapter 35

Anyone with a heartbeat — developing clinical competence

Chapter 36

The forging of a skill

Chapter 37

The money you say “no” to

Chapter 38

Framed into competence

Chapter 39

“We live in an immature profession”

Chapter 40

Who decides a successful outcome?

Chapter 41

Just because you don't understand it, doesn't mean it's not happening

Chapter 42

Patient end-game

Chapter 43

Experts in their “own little world”

Chapter 44

Via Negativa

Chapter 45

Scamming patients

Chapter 46

All chiropractic is good

Chapter 47

Antifragility in practice

Chapter 48

What's its value when no one wants to steal it

Chapter 49

Bending spoons

Chapter 50

Jumping down the rabbit hole

Chapter 51

"First, do no harm"

Chapter 52

Chasing muscle imbalances, strength deficits and movement dysfunctions

CONTENTS

(BOOK 2: THE FRAMING)

Chapter 53

The anchor of student debt

Chapter 54

Is it the technique or circumstance?

Chapter 55

Don't climb the research ladder, begin at the top

Chapter 56

Framed into competence

Chapter 57

What's important to the patient?

Chapter 58

Quiet, until no longer quiet

Chapter 59

Outcomes versus Theory

Chapter 60

Patient desires versus clinician desires

Chapter 61

Practicing with enthusiasm

Chapter 62

Speaking a different language

Chapter 63

Guerrilla warfare in healthcare

Chapter 64

I ask for it in prayer

Chapter 65

Who invited the chiropractor?

Chapter 66

The one statistic I follow

Chapter 67

The sentence that would change the chiropractic profession forever

Chapter 68

Are you fishing or are you catching a fish?

Chapter 69

Trade-offs of training

Chapter 70

Green Lumber and being a “know it all”

Chapter 71

Hacks: Learning from the #2

Chapter 72

Competence comes from the longer path

Chapter 73

Some days I see “only skin”

Chapter 74

A lesson at the water-park

Chapter 75

You have the tools but no longer need the tools

Chapter 76

Thoughts when I examine a patient

Chapter 77

Growth from stress

Chapter 78

Associate with those who share your values

Chapter 79

When am I competent?

Chapter 80

A letter to a patient

Chapter 81

Ordering a beer in Prague

Chapter 82

Celebrities hanging on walls

Chapter 83

Do as I say...

Chapter 84

Cleaning a horse stall

Chapter 85

Victim patients

Chapter 86

People who aren't like you

Chapter 87

The kind of luck that finds you

Chapter 88

How to throw your back out while teaching

Chapter 89

Memento Mori

Chapter 90

Competent to take the call

Chapter 91

The one patient I can fix

CONTENTS

Chapter 92

David Butler's roller coaster 1

Chapter 93

Associate or IC? 7

Chapter 94

The IC..... 11

Chapter 95

Can't shake these uncomfortable questions 13

Chapter 96

But what if I am wrong?..... 21

Chapter 97

How to lose a professional athlete 27

Chapter 98

Ego is my enemy... but difficult to slay 31

Chapter 99

Audi Alteram Partem..... 35

Chapter 100

"Yeah, well, that's just, like, your opinion, man." 37

Chapter 101

Act the plumber, not the rock star 41

Chapter 102

Appearance versus competence..... 43

Chapter 103	
The simplest, cheapest, easiest way to get new patients	47
Chapter 104	
How much is this problem worth to me?	51
Chapter 105	
“Can you make it rain harder?”	55
Chapter 106	
No longer a fan	59
Chapter 107	
You can’t own it before you hone it	63
Chapter 108	
Know the rules so you can break them.....	67
Chapter 109	
Charging a professional athlete	71
Chapter 110	
NFL Training camp	73
Chapter 111	
Sweated by Peyton Manning	75
Chapter 112	
Rubin never signed U2... he just does his thing.....	79
Chapter 113	
Gateways to working with professional athletes.....	83
Chapter 114	
Professional Teams: Working up the ladder or starting at the top...	89
Chapter 115	
A pathway to happiness	91
Chapter 116	
Intimacy with strangers	97
Chapter 117	
Firing arrows over a hill.....	103
Chapter 118	
How to become a millionaire.....	107

Chapter 119	
Saving enough for retirement	111
Chapter 120	
The poorest millionaire in Naples	113
Chapter 121	
Descending into Chaos.....	119
Chapter 122	
Gratitude in Chaos	123
Chapter 123	
Ending a fight as fast as I can	129
Chapter 124	
The magic trick that is real	137
Chapter 125	
Do I have to touch my patient?.....	139
Chapter 126	
An oasis in a desert of suffering	145
Chapter 127	
Seeing the water	149
Epilogue	169

DAVID BUTLER'S ROLLER COASTER

“The Greatest knowledge is not to know
what works, but what doesn't work.”

—Taleb

ONE OF MY annoyances of younger practitioners is their certainty in practice. I mean, I get it, I faked the same arrogance in learning new techniques and methods. I see it in young chiroso who emerge from school the same way trainers and therapists latch onto teaching corrective exercises to their clients. I want to whisper them, “*In your excitement, don't lose sight of your patient/client.*” It irritates me the same way young fighters who offer advice ringside but are never seen inside the ring. I hold my tongue and respect their passionate exuberance masquerading as clinical confidence. I remind myself, “*Ryan, you did the same thing when you started out.*” I then received David Butler's following essay in an email. It was bold and honest and unexpected. I read it several times a year to keep perspective and find humility in teaching. I forward it to clinicians whose clinical arrogance pokes me one too many times. If you've received it, it's nothing personal.

The Roller Coaster of Clinical Practice

The first wave

When I emerged proudly with my degree in the late '70s, all packed with Maitland style manual therapy, I was convinced I could fix all and sundry and I often opened a clinical conversation with “what can I fix today?” (I feel ill saying it now!) Anyway, it all worked well for a few years but then I noticed that “it” was not delivering the goods so well. Unbelievably some patients dared not get better. Things were feeling professionally grim, career changes were pondered, but then, proud and erect, fresh from New Zealand, Robin McKenzie rode into town, maybe even on a white horse!

The second wave

Wow — this was it! How silly was I to miss the disc and the novel notion of actually getting people to treat themselves and to give your thumbs a good rest. People started getting better again, my practice was full of lumbar rolls, the “Treat your Own” books and models of discs and I was on a roll too. This McKenzie approach worked wonders for a few years, but then the outcomes began to taper off, some patients wouldn't improve, some wanted the old fashioned hands on that I had almost given away and a now familiar professional grimness emerged again. What next?

The third wave

I heard about a year-long Maitland post graduate course in South Australia and I reasoned that there must be more to it than I'd first thought, so I signed up for the year. I made it through a bit wounded, but the old “I can fix anything” returned and I went into the outer suburbs of Adelaide to ply my trade, wriggling and cracking joints and doing the new

teasing nerves stuff. People got better and complex problems seemed to dissolve. But would you believe it – it happened again – the clinical outcomes tailed off with what I now recognize as centrally sensitized states, overuse syndrome and complex regional pain syndrome. I pondered a career change. Perhaps professional surfing?

The fourth wave

By now (late 80s, early 90s) I was becoming a bit older and wiser and trying to think more deeply about things — so I thought — “stuff the others — I’ll try and work it out myself”. And so I went off on the “neural tension” bandwagon – the idea of the physical health of the nervous system and mobilizing nerves. I did some reading, had a few thoughts, stood on the shoulders of a few others and even wrote a couple of books. This was it I thought! Life will be easy from now on as we wriggled and glided and teased nerves from head to toe. Patients flocked in ... but the old diminishing outcomes emerged again, even for something I had helped to invent. Grim days – coffee was coming into fashion. I pondered becoming a barista and investigated what it would take to become a marriage celebrant.

The fifth mini-wave

I was getting very wary now — the early work of Vladamir Janda was being updated and researched, particularly at the University of Queensland and once obscure bits of anatomy such as transversus abdominis, obturator internus and short neck flexors were now the new targets and the “with it” practitioners had ultrasound machine to view muscles. I went to the courses and gave it a go but my heart wasn’t in it. Waves can be exhausting, and the outcomes were eluding me again, just like my transversus abdominis. I tried the taping stuff too, but like a focus on a single muscle, it just didn’t make enough sense.

I drifted off into the world of pain and neuroscience and am still happily here. No magic, just a lot of hard work using neuroscience to fuel educational and imagery therapy and the good parts of the historic waves I've ridden. I thought I may have reached nirvana with the brain, but now I realize that neurones are only 10% of the brain and as the rest is immune cells, so there is long way to go.

I am still on this fifth mini-wave — trying to keep up with the world of brain plasticity, neuroimmunological balances and recent research and concepts of DAMPS (danger associated molecular patterns) and BAMPS (behavior associated molecular patterns) and even CAMPS (cognitive associate molecular patterns) among others, all identified by Toll Like Receptors which can ratchet up their behavior and keep enhances immune responses bubbling. It's infectious science. But ...

Uh oh — a sixth mini-wave beckons

I never thought this would happen, but I peering back at the tissues where I started all those years ago. The brain is so trendy that the scientific and some of the clinical world seemed to forget the rest of the body. I have been trimming my nails in anticipation of a return to the flesh! Not giving up the neuroimmunology of course but things like how can we dance with the different receptors in tissues, deal with the immunocompetence of the meninges, or indeed most tissues, and the simple and undervalued license to touch is sacrosanct — **even if just touching a hand while sharing knowledge**. I notice and try and understand the trend towards predictive processing and Bayesian thinking, and find it fascinating but I am a wary old bugger. After all — all the talk was about phenomenology a year or so back but it seems to have gone out of favour. Are some of our colleagues onto their next mini waves?